



8. Schlaubetal Marathon
Eisenhüttenstadt / 18.10.2014

Detailed evaluation

Bischof, Rainer

Club: Diehloer Hügelläufer
Number: 429

Course: 21.10 km
Eisenhüttenstädter Cross-Halbmarathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:35:50

Speed: 13.15 km/h
Running performance: 4:32 min/km

Rank in course/Total: 14 (of 160)

Rank in course/Men: 14 (of 122)

Best time in course: 1:17:57

Rank in category: 3(of 19)

Best time in the category: 1:33:17

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	10.60	47:14	4:27	2	0:04	10	7:52	10.60	47:14	4:27	18		14	7:52
Last lap Ziel Inse	10.50	48:36	4:37	3	2:52	15	10:01	21.10	1:35:50	4:32	3	2:33	14	17:53